

Email Update April 2016 (sent 20th April 2016)

To all Supporters of Parents' Voice

First, we apologise for the longer-than-usual period between emails (again) due to family illness and other issues. All the day-to-day Parents' Voice activities (emails, twitter, Facebook, website updates, dealing with enquiries, planning and arranging meetings etc) are carried out by just two of us, so any illness really affects how much we can do. As volunteers we sometimes simply need more hours in the day and more days in the month!

We hope some of this email will be of interest to you. You are welcome to share it (or parts of it) with your friends or groups, but please mention that it came from [Parents' Voice](#) if you do, thanks.

- 1) Parents' Voice news
- 2) Local Surveys/Consultations
- 3) Child and Adolescent Mental Health Services (CAMHS) Transformation Plan
- 4) Young Children
- 5) Bullying (Pack for Parents)
- 6) Mental Health
- 7) Online Safety

1) Parents' Voice news

i) Your feedback is wanted

We need your comments and feedback about sites that you find useful, so please tell us!

There are two reasons for this:

- Worcestershire County Council has asked us for feedback about sites which parents use for information, advice or guidance and
- we hope to update our own website and maybe give it a makeover within the next 12 months!

If you've got any comments about what you like about certain websites (& which ones you use) we'd love to hear from you :) Please send your comments to info@parentsvoice.co.uk using the subject line "Family websites" or just reply to this email. All comments will be dealt with in confidence; we will not pass on your details unless you ask us to. Thank you :)

ii) Annual report

We are about to compile our annual report, summarising what we've done during the last year. Have you found some of our information useful? Did you take part in a consultation because of details we gave you? What do you like (or dislike) about Parents' Voice? We'd like you to tell us if Parents' Voice helped you in some way (perhaps by telling you about a resource you used, a website with information or a local drop-in session or event). Please send your comments to info@parentsvoice.co.uk using the subject line "PV 2016" or just reply to this email. Again, all comments will be dealt with in confidence.

iv) Inkjets, phones and stamps

We are now collecting inkjet cartridges (sorry, NOT Kodak, Brother or Epson), old mobile phones and postage stamps to raise some funds (we run on a shoestring!). If you have two suitable inkjet cartridges you can register at the website

<http://www.recycle4charity.co.uk/Home> to request freepost envelopes to send cartridges (just choose Parents' Voice C75068 as your chosen good cause - it should be the first suggestion on the drop down list when you type "Parents"). We will collect phones and stamps at our meetings (or contact us if you would like them collected and we'll see if we can arrange something!). Thank you :) :

2) Local Surveys/Consultations

i) Neonatal Services in the West Midlands

NHS England is reviewing neonatal services across the West Midlands to ensure that babies and their families have access to the right care, at the right time, in the most appropriate place. They want to understand the issues that are most important to families, so your feedback is essential. To do this they want parents whose child(ren) are currently receiving neonatal care or have received care within a neonatal or special care baby unit at any time over the past five years to complete a [questionnaire](#).

You do not have to answer all the questions and you can save your responses to complete later (eg: if you need to change a nappy or feed a toddler you can come back to the survey later!).

The [survey](#) opened on Monday 18th April and closes on 15th May.

You can find the survey here: bit.ly/23I7z1I

Please pass on details of this survey to any other parents or parent groups who might want to take part (and please mention Parents' Voice if you do, thanks).

ii) The future of Healthcare Services in Worcestershire

The three Clinical Commissioning Groups in Worcestershire have a [survey](#) about how money should be spent in the future. They say:

"We do not have enough money to continue to buy all the services that we currently do in the same way as we have done before. We therefore need to find ways of reducing costs in some areas to be able to protect other essential services that we currently buy.

This [survey](#) is designed to help us find out what you think about some of the changes that we could consider in the future. At this stage these are just ideas. No decisions have been made and the proposals are in no order of preference."

Some of the questions which may be of particular interest to parents are about whether to restrict access to IVF treatment and sterilisation procedures and whether to reduce the opening hours of minor Injury Units.

You do not have to answer all the questions and there is space to make your own suggestions. You can answer the [survey](#) online and also download and print a copy if you prefer, both from this link: <http://bit.ly/1YF2mkp>

The [survey](#) closes on 30th May.

Please pass on details of this survey to any friends or groups who might want to take part (and please mention Parents' Voice if you do, thanks).

3) *Child and Adolescent Mental Health Services (CAMHS) Transformation Plan*

Towards the end of 2015 a Child and Adolescent Mental Health Services (CAMHS) Partnership Board was set up in Worcestershire. Following the second meeting in March the [Transformation Plan](#) was made available to download. Our aim is to represent Worcestershire parents' views and concerns at Board meetings; if you have any comments about mental health services in Worcestershire for children and young people which you feel would be useful for us to do this, please email us (the next meeting is in June). All comments will be dealt with in confidence (and anonymously); we will not use names or give details which could identify anyone.

You can download the CAMHS Transformation Plan here: <http://bit.ly/1TMpiPz>.

4) *Young Children*

i) Safer Sleep

The Lullaby Trust released a new [animation](#) during Safer Sleep Week about how babies should sleep safely. You can find it here: <http://bit.ly/1SSez5n>.

They also have a number of [Safer Sleep Factsheets](#) here: <http://bit.ly/1Rm4R5X>.

The Institute of Health Visiting also have some [Tips for Parents](#) here: <http://bit.ly/1pnHPVO>.

ii) i-Size (car seats)

The consumer organisation, Which, discovered that less than half of parents with a child under 1 year know about i-Size, a change to the car seat law which was introduced a year ago. The R129 – aka i-Size – regulation makes it mandatory for babies to stay rear facing until they are 15 months old. i-Size seats are also required to have more protection for the delicate head and neck area,

You can read more about this here: <http://bit.ly/1qothFM>.

There is more about i-size child car seats here:

iii) Neonatal transport services

Neonatal transport services are a vital part of care for premature and sick babies, to ensure that babies can be moved quickly for the right care in the right place for their needs. Bliss, a charity for babies born premature or sick, has a new report which shows that these services are often under-staffed, under-resourced and sometimes only able to operate in daylight hours!

You can [read more](#) about this and download their report here: <http://bit.ly/1paYFXm>.

5) *Bullying (Pack for Parents)*

ENABLE (European Network of Against Bullying in Learning and Leisure Environments) is a two-year anti-bullying project taking place in 5 countries, including the UK. A [Parents/Carers Pack](#) is available to download which includes conversation starters, possible next steps if your child is a victim of bullying and how to help children stay safe online.

You can download the free pack here: <http://bit.ly/1S6h0AI>.

6 Mental Health

i) Depression Awareness Week

18th - 24th April is Depression Awareness Week.

Depression affects almost 1 in 5 adults and has both physical and mental symptoms; many of those adults will be parents. 1 in 10 young people experience mental health problems - including depression.

We have shared details of the Parents' guide to depression from the Charlie Waller Memorial Trust before; this seems like a good time to share it again: bit.ly/1rS9QTS

Young Minds has information about teenage depression here: <http://bit.ly/1RH31AJ>.

Mind has information about post-natal depression here: <http://bit.ly/1DpQ5VQ>.

NCT has information about post-natal depression in fathers here: <http://bit.ly/1IXv89i>.

Depression Alliance has information for students here: <http://bit.ly/1VYmRr1>.

[Worcestershire Healthy Minds](#) is an NHS Site supporting people aged 16 and over, who are experiencing problems such as stress, anxiety & low mood. It includes self-referral to groups and courses: bit.ly/1TytBfW

ii) Anxiety

If you have an anxious child you may find some of these 49 phrases helpful: <http://bit.ly/1THAo8P>

iii) [State of The Nation](#)

A new [report](#) has been published by CentreForum about Children and Young People's mental health. It's called State of the Nation and amongst its findings is that "child and adolescent mental health services (CAMHS) are, on average, turning away nearly a quarter (23 per cent) of children referred to them for treatment .. This was often because their condition was not considered serious enough, or not considered suitable for specialist mental health treatment."

You can read and download the 32-page report here: <http://bit.ly/23x3XMq>.

iv) [National Mental Health Priorities](#)

An [economic report](#) for the NHS England Mental Health Taskforce has set out 9 priorities for service improvement. These priorities include:
- identification and treatment of anxiety and depression for women during pregnancy and after childbirth and
- treatment of conduct disorder in primary school age children.

You can read about the 9 priorities and download the report here: <http://bit.ly/1UW0sNS>.

7) Online Safety

If you want to learn about the sites, games and apps your child is using you may find the [Netaware](#) site useful. 500 parents and carers, and 1725 young people have reviewed social networks and apps that children and young people use. You can learn about what's in the news or explore various networks.

You can find [Netaware](#) here: <http://bit.ly/1RZtuZs>.

There is also a [Parents' guide to Instagram](#) from [Thinkuknow.co.uk](#) here: bit.ly/1oGcVbc.

ii) [Internet Slang Words and Computer Slang- an online dictionary](#)

This site lists slang terms, acronyms and abbreviations as used on websites, Twitter, in chat rooms, blogs, Internet forums etc. The live results page is updated daily and shows the 50 most popular 'look ups' for internet slang, acronyms etc.

You can find the [home page](#) with links to the complete slang and acronym dictionary here: <http://bit.ly/1VFBSB8>.

You can find the live [top 50 slang terms](#) here: <http://bit.ly/1UaPxiQ>.

Thank you for reading this email and for your continued support, we really do appreciate it :)

Parents' Voice - Worcestershire

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